CONTACT US
Cindy Hodgson, Two Rivers reporter
902 Franklin St.
Manitowoc, WI 54220
(920) 686-2966
chodgson@htrnews.com

Community
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CINDY HODGSON
Commentary

Colonoscopy not so bad

I was hoping to put it off for almost another decade, but that didn't happen. I recently joined the ranks of those who have had a colonoscopy.

The procedure is recommended as a preventative measure for everyone beginning at age 50. I won't hit that milestone for nine years, but I was having some pain that needed an explanation.

Besides, the gastroenterologist said people with a family member who had polyps before age 60 should have a colonoscopy when they're 40. One of my brothers had a couple of polyps so the doctor said even if I hadn't had symptoms the procedure would have been recommended.

Having been told the prep is the worst part, I was prepared for it not to be much fun. And it wasn't, although it wasn't as bad as a co-worker made it sound.

The worst part was drinking nearly a half-gallon of liquid the night before and the same amount the morning of the procedure. Some people apparently think it tastes horrible, and while it wouldn't be my beverage of choice, it wasn't as bad as I expected. They allow you to add some Crystal Light powder, which helps. But it's just so much to drink!

It's called Golytely, pronounced "go lightly," which amuses me. And it's really a misnomer; it should be called Golotz.

Some of the people I know who have had colonoscopies have been given a different prep solution that consists of a much smaller amount. I asked the nurse about that but was told it was taken off the market. As I recall, she said it caused kidney damage in people who used it as a laxative. So Golytely it was.

I'd never been sedated so I was a little nervous about that. I'd also never had an IV. The nurse had some trouble getting it in, and it initially hurt quite a bit, but that and a slight burning sensation under my skin when the sedating drug was administered were the only uncomfortable parts of the procedure.

The nurses told me what to expect — including the fact that I might wake up before it was over, which didn't sound fun.

I was a little afraid it might take me awhile to fall asleep and I'd lie there in a half-wake state knowing I was being sedated.

Finally, I wondered what I'd be like after I woke up. My husband always goes in like a normal person and comes out all loopy. He doesn't remember the doctor coming into the room or even the ride home.

After one such procedure, the nurse was trying to talk to him and he couldn't even pronounce his words correctly. She asked if he had pain or was just sleepy.

"Seepy," he mumbled.

She asked if he wanted juice.

"Yuice," he said.

She finally had to laugh, and she told me they hadn't had one like that for quite a while.

But none of those things happened to me. The nurse told me I might be a little dizzy after she administered the drug, and I remember opening my eyes and agreeing that, yes, I was a little dizzy.

The next thing I knew I was jolted awake by a sensation that probably would have been painful if I hadn't been sedated, and the doctor or nurse — I don't remember which one — told me they were all done.

I think I went back to sleep, but once I woke up in the recovery room I was quite alert. I remember what the doctor said — no polyps, no cancer, no "pockets" — and I remember the ride home and what I talked about with the babysitter when we got there.

Bottom line — it wasn't so bad. And it will be even easier next time now that I have a little more experience with medical procedures under my belt.

So I urge everyone 50 or older, those 40 and older with a family member who had polyps before age 60, and anyone having symptoms to have a colonoscopy.

If there aren't any serious problems, it brings peace of mind. And if there are, early detection could save your life.

Cindy Hodgson is a Herald Times Reporter staff writer whose column appears every other Sunday on the Community Page. She may be reached at (920) 686-2966 or chodgson@htrnews.com.

Mishicot history students repaint big pumpkin

The 22nd annual Pumpkinfest has come and gone with a lot of behind-the-scenes work helping to make the event a success.

Mishicot High School history students were involved in restoring the big pumpkin you may have seen in the parade. Students Bianca Krause, Kayli Posvic, Allison Honzik and Emily Lensmire provide the following information about the students' experiences:

VIRGINIA PARLATO
Mishicot News

The Mishicot Local History Class, taught by Lori Rose, is having a great time learning about the village they live in. The class recently visited the Mishicot Historical Museum and is now researching some of the objects they recovered there. The students have objects ranging from glass inkwells to a hay hook to an old-time soldering tool.

The class has also watched videos teaching the viewers about Mishicot during the 1960s. The students are learning a lot. They had a wonderful guest, Jim Sustman, come in and tell them about what he is discovering.

Each student has been contributing to the community in their own way. Students have been repainting the 12-foot-tall papier-mache pumpkin for Pumpkinfest. The pumpkin has a fresh coat of orange paint and a new face. This pumpkin is featured every year in the annual Mishicot Pumpkinfest parade and has been a tradition in Mishicot for many years. Some of the students from this class were helping out at the festival whether it was face painting or setting up.

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There are a number of events to look forward to for the remainder of October.

■ The public is invited to enjoy some contemporary music as well as some good old-fashioned rock tunes and a little bit of Halloween flavor at the Mishicot Middle School fall concert from 2:15 to 3 p.m. Friday in the performing arts gym.

■ A meeting to learn more about wild birds is scheduled for Oct. 26 at the Mishicot Country Store, 150 E. Main St., at 6:30 p.m. Jim Knickelbine, executive director of the Woodland Dunes Nature Center, is the featured speaker. For that night only, a sale on black oil sunflower seed will be offered.

■ A special event is being offered by St. Peter's Lutheran Church on Oct. 31 from 6 to 8 p.m. "Trunk or Treat" involves families decorating their car trunks and handing out treats for everyone to enjoy. Afterward, an invitation is extended to enjoy hot drinks and a soup supper in the Tiny Treasures classroom.

There is no charge for the special event, but donations to defray the cost are welcome. More information is available by calling (920) 755-3857.

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The "Shoo-the-Flu" immunization clinic scheduled for Wednesday at Mishicot Family Market has been cancelled due to the vaccine not being available.

Readers may contact Parlato at rickie@charter.net or (920) 755-4824.

Mishicot High School history students, from front to back on the left, Gennessa Orth, Emily Lensmire and Jeremy Luckow, and from front to back on the right, Kayli Posvic and Bianca Krause, repaint the pumpkin used in the Pumpkinfest parade. **Submitted**

TWO RIVERS KIWANIS BOARD

Members of the Two Rivers Kiwanis Board, along with the organization's lieutenant governor for this region, are, front row, from left, Robert Stauffer, returning secretary, Carol Bloedorn, returning treasurer, and Ken Bartz, new vice president; and back row from left, recently re-elected board member Pat Krajnik, new board member Russ Matar, new board member Gary Shavlik, Lt. Gov. Charles Zarnoth and Dave DeRosier, new president. The organization has a rotating board with two or three people elected each year. The Two Rivers Kiwanis Club is a service organization that meets at noon on Thursdays at Machut's Supper Club north of Two Rivers. **Submitted**

Woman receives award from fraternal association

Herald Times Reporter

OAK BROOK, Ill. — The National Fraternal Congress of America recognized Mary Agnes Scheuer, a member of Catholic Knights Branch No. 189, Greenleaf, as a Fraternal MVP for the week of Oct. 5, according to a news release from the association. In this case, MVP stands for Most Valuable Participant.

Fraternal MVPs are "Fraternalists-in-Action" who volunteer their time and energy to strengthen their communities through participation in local lodge activities and other charitable endeavors.

Scheuer has been a member of Catholic Knights for 65 years and volunteers for many branch events in her community. Although she is a member of Branch No. 189, the majority of her volunteer efforts are directed toward Branch No. 225, Mishicot. Scheuer is a resident of Mishicot and taught in the School District of Mishicot for 35 years.

Branch No. 225 considers Scheuer to be one of its best volunteers and invites her to participate in each branch function, according to the news release.

Arlene Vogel, president of Branch No. 225, said Scheuer quickly offers to donate her time whenever the branch holds a fundraising event. For example, she worked at a fish boil to benefit Holy Cross Parish in Mishicot. More than 300 people attended the dinner, which raised $1,810.

When Scheuer is not donating her time to Catholic Knights-sponsored activities, she can be found volunteering for a variety of civic and religious groups. Scheuer is a life member of Kempen-Staudinger-Terens VFW Post 7753 Auxiliary where she has served in various leadership roles. She also volunteered for 25 years as an adult leader in her county's 4-H Club, serving several years on its board of directors.

Scheuer's service to her parish includes five terms as Alter Society president and two terms as president of the Home and School Association. She is past-president of the Parish Council and also served as parish trustee. Scheuer volunteers as a communion distributor and lector. She uses her experience as a teacher to prepare students in the parish's Religious Education program for the sacraments of Reconciliation and Eucharist and to become lectors at the church.

Since 2000, she also has been active in the Green Bay Diocesan Council of Catholic Women, which she now is serving as president.